

# NOVEMBER MENU 2020

Seasonal, local and ecological cantine  
Escola Bergantí, El Masnou.



## MONDAY

Pasta and carrot  
sauce  
Vegetables  
omelette and salad

A: 1, 2, 4

## TUESDAY

Vegetables cream  
Stew chickpeas and  
vegetables

A: 5, 10

## WEDNESDAY

Mixed salad  
Rice, meatballs  
and "jardinera"  
sauce

A: 5

## THURSDAY

Vegetable soup and  
pasta  
Baked fish and  
salsad

A: 2, 5, 6

## FRIDAY

Vegetables and  
potato  
Chicken and apple  
sauce

A: 2, 6

Mixed salad  
Stew lentils and  
vegetables

A: 2

Vegetables cream  
Fish and cuttlefish  
paella

A: 5, 10

Cabbage and potato  
"trinxat"  
Chicken hamburger  
and salad

A: 1, 2, 4

Pasta and spinach  
sauce  
French omelette  
and salad

A: 1, 2, 4

Vegetable soup and  
pasta  
Loin and vegetables  
sauce

A: 2, 6

Mixed salad  
Couscous, veal  
stewed and  
vegetables

A: 2

Vegetables cream  
Chickpeas and  
sauteed vegetables

A: 5

Rice and tomato  
Baked fish and  
vegetables sauce

A: 5

Vegetables and  
potato  
Roast chicken and  
salad

A: 2, 3, 5

Vegetable "fideuà"  
Scrambled eggs  
and salad

A: 1, 2

Rice and sauteed  
vegetables  
French omelette  
and salad

A: 1

Vegetables cream  
Stew beans and  
vegetables

A: 5

Mixed salad  
Pasta and  
bolognese sauce

A: 2

Sauteed vegetables  
and potato  
Cod croquettes and  
salad

A: 2, 3, 5

Vegetable soup and  
pasta  
Chicken and  
vegetable sauce

A: 2, 6

Vegetables cream  
and lentils  
"Andalusian" fish  
and salad

A: 2, 5

**Vegetables** depend on the season. **Side dish** are salads with different vegetables depending on the season.

Children have **Seasonal Fruit** every day. They will have **Yoghurt** the days without animal protein

## ALLERGEN (A) INFORMATION:

1 Egg, 2 Gluten, 3 Milk, 4 Sesame, 5 Fish, 6 Celery, 7 Peanuts, 8 Nuts, 9 Soya, 10 shellfish, 11 crustacean, 12 Mustard, 13 lupins, 14 Sulphur dioxide and sulphites.